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W. L. N.

Essay on

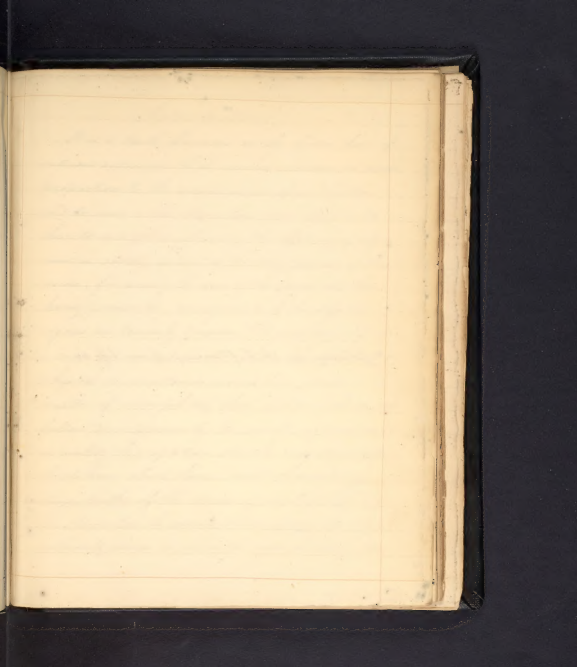
Laiopathia Indigestion

by

John P. Kistler of Reading Pennsylvania.

"Physic, for the most part, is nothing else but a sub-  
stitute for exercise and temperance" Sped. Dec 175

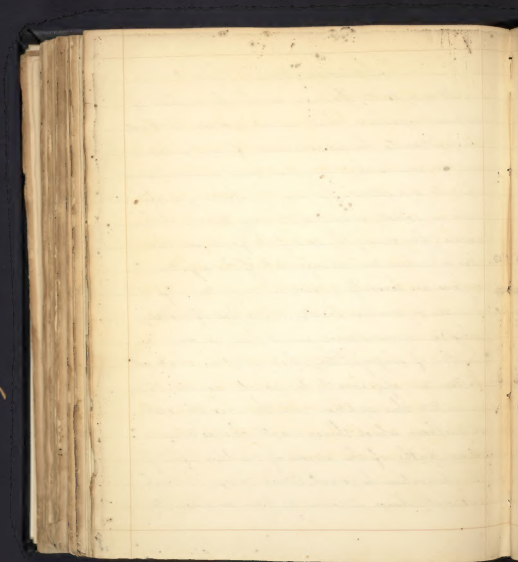




+ Johnson on the Influence of Sex on Life &c

### Introduction.

It is a truth founded on the firm basis of extended experience that, diseases increase in direct proportion to the advancement of civilization, - and to none is this observation more applicable than to indigestion. Luxury, the offspring of refining mind in society, indeed, is the very parent of this disease; for among the sons of the forest and the hardy peasantry, arrangements of the digestive - organs are scarcely known. The sedentary life of a man in civilized society, and a host of moral & physical circumstances around him, render it a matter of impossibility that repletion shall not follow <sup>an</sup> apparently temperate regimen; and in reality this repletion, and the irregular state of plethora which thence result, characterize - nine-tenths of the diseases of civilized life." If this observation be correct, which, from the high authority whence it comes, we have no reason to



double, then the high importance of this subject is sufficiently established.

As I have been for a long time severely afflicted with indigestion myself, and have of course reflected much on its nature and treatment, not only as it occurred in my own person, but also in many others, I have thought proper to make this the subject of my inaugural essay; and hope that my observations and deductions, after meeting with your approbation, may hereafter serve me as sound data in mitigating a few of the evils of mankind.

I shall in the first place enumerate the symptoms as far as is practicable; next I shall make some observations on the causes and pathology; and lastly, the treatment shall receive a full consideration.

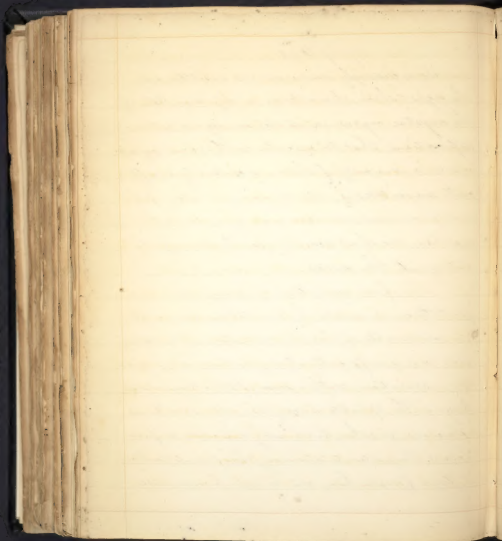




### Symptoms.

So exceedingly numerous and unsettled are the signs which characterize a diseased state of the digestive organs, in its various degrees and modifications, that to describe with accuracy all, or even a majority of them, is certainly a difficult undertaking; but by giving a history of the most prominent and common symptoms of indigestion, we shall scarcely ever be at a loss to distinguish the disease.

The first symptoms of indigestion are flatulence, indicated by eructations, sour or fetid, considerable oppression some time after taking food causing difficulty of respiration, and frequent deep inspirations, with a sense of stricture about larynx. The appetite is very variable, sometimes voracious, at other times very deficient or fastidious. The patient's ordinary cheerfulness will at times forsake him, and he will become dull



and lastly, experiencing those peculiar sensations designated by the term crises; at other times he will be paralytic and inert. His bowels are alternately in the one or other of two extremes either very costive or very loose, when in the first condition, the faeces are hard and dry, formed into small lumps, sometimes of a light colour but more generally dark, when a diarrhoea exists the evacuations are composed of an ash colour, approaching to white, mixed with undigested portions of food.

This inattention may continue for weeks or even months attending to his ordinary avocations, and paying but slight attention to his disease. During this period of inattention the disordered actions become confirmed and the disease advances slowly but certainly upon the unconscious patient whose constitution will soon be undermined by its progress. The patient is a stranger



man, and in extent, pursuit of some liberal-  
branch of ~~learning~~<sup>science</sup>, he will be the more liable to have  
the disease conform<sup>ed</sup>; for his mind being deeply  
engaged with the objects of his study, he will  
overlook all slighter sensations of indisposition, and  
will thus take an easy victim to a disease to  
which the studious are proverbially obnoxious.

The disease now assumes a more ag-  
gravated character. The patient becomes pale and  
emaciated; the muscular system flabby and re-  
laxed; the skin dry and harsh. A burning sensation  
is felt in the palms of the hands, and the soles some-  
times in the soles of the feet, but generally, the feet  
and ankles are cold. The tongue is covered with a  
white fur in the middle, and particularly to-  
wards its back part, but its edges are clean, and  
often more red than natural. I have observed  
in several cases the papillæ of the tongue very  
much enlarged and of a scarlet colour. The pa-



tion is at this time frequently affected with  
 vomiting, has convulsions sometimes of a cramp  
 or acid nature, at other times resembling the  
 taste of putrid egg, or sulphuretted hydrogen;  
 a complaint of an unpleasant taste in the mouth,  
 and very fetid breath. The bowels in fact <sup>are</sup> ~~are~~  
 obstinately constipated and the stools of a very dark  
 colour & hard consistence. After these symptoms  
 have existed for some time, there is a tenderness  
 felt in the epigastric region which is much in-  
 creased on pressure. The skin often assumes a  
 dark yellow, or brownish hue, and is so tight  
 and heretofore to the subjacent parts that it is with  
 difficulty pinched up; the thirst is considerable,  
 sometimes very extroverting, the pulse is sometimes  
 and frequent. The head is affected with pain in se-  
 veral parts, but commonly over the eye-balls,  
 sensation of soreness is often felt in the occiput as if  
 cold water were poured over it, or a cold stream





of cold air directed upon it. Vertigo and con-  
 verted vision are also attended to in impropria-  
 tion, and there are some cases related vision total  
 blindness has occurred. The patient is unable  
 to walk raises in the ear a peculiar twitting  
 of the muscular fibres in various parts cramps  
 and spasms particularly of the lower extremities.  
 It is sleep if such a state of turbulence exists  
 as that term is very unrefreshing. — Dreams,  
 nightmares, frightful screams like so many evil  
 demons incessantly break in upon him and  
 disturb his slumbers.

But these corporeal sufferings are  
 far more tolerable than those which some-  
 times assail the mind. Confusion of ideas,  
 loss of memory, inability to fix the attention,  
 and the highest derangement of spirits are common  
 attendants on this disease. The judgment also  
 is very often most strangely perverted. The pa-



8  
tient is always disposed to view things in their most unpropitious light, and this is more particularly the case in regard to his own disease. The vis, pylorus ulcerated liver, enervated spleen, an aneurism of the aorta, all in their most dismal forms haunt the disordered imagination of the affected subject of indigestion.

Besides the symptoms above enumerated, there are several others which require notice. An incessant generation of acid in the stomach is one of the most distressing. This sometimes exists from the commencement of the disease, at other times it only comes on after the symptoms above enumerated have subsided, for some time. — The patient feels an incessantly gnawing pain in the stomach resembling the sensation of hunger, has acid vomitations and frequent ejaculations of a transparent viscid liquid so extremely acid as to make the "teeth stand on edge" and



give much pain on its passage through the  
esophagus and pharynx. It also causes in-  
flammation in the vicinity of the cardia so very  
sensible that the least pressure from the gas-  
trics that are continually evolved, gives the patient  
much uneasiness. Pyrosis, or water brash is fre-  
quently met with. This is a very copious discharge  
of limpid fluid from the mouth, having a  
strongly brackish taste, often accompanied  
with a constriction of the fauces and some-  
times to such a degree as to prevent artic-  
ulation. If the disease has run on in this  
aggravated form for a length of time the brain  
often becomes so severely <sup>involved</sup> as to cause paralysis  
of some of the extremities, or even hemiplegia.



1816.

It is, says he, common to find as well as  
rest upon the stomach or immediately upon it  
through the general system in the manner of the  
mucus. Among the most prominent of the first are  
the new enormous quantity of women using the too  
liberal use of spirituous liquors or opium, the too  
common practice of using or perhaps more correct-  
ly of abusing tobacco which last cause frequent  
by alone but generally in combination with others  
is the most common particularly among the young  
and dissipated. The free employment of warm dis-  
tinct drinks such as tea & coffee or even the  
immoderate use of simple cold water tends in-  
crease the disease. Certain medicines when incauti-  
ously taken or too long continued are said to  
produce it such as citrate of potash the alkaline  
solutions of salts which operate in the  
secretory mucous membrane, is evidently upon





The regular organs, and all such is related to the  
general system, namely, acute disease profuse  
evacuations &c. All irregularities of hours are  
fruitful causes, among which may be partic-  
ularly mentioned <sup>the</sup> want of exercise, but that  
suspected practice of sleeping late hours. A sleep  
too long & too early, throughout the day, is  
a source of indigestion to artists who are obliged  
to work in the confined shape of others of large  
bodies. Various lulls are also encountered among  
the causes of the disease. It has been already  
observed that dyspepsia is almost peculiar to  
the sedentary, it is unnecessary to say what  
excess & neglect of exercise has in its prosecution  
be intense application to study and the surprising  
exposure to grief & sudden disappointment &c. are  
all the causes of indigestion.

Having thus described some of the most  
common causes of deranged digestion I must now



desire to give a few observations on the  
pathology of the disease.

### Pathology.

From all that I have been able to  
infer with, from the physiology of the sto-  
mach and the symptoms and treatment of in-  
digestion it appears to me very probable that  
the disease is the result of a vitiated secretion from  
this organ, and that the secretions of the liver and  
probably of the pancreas partake of the same  
vitiation, from these organs sympathizing with  
the morbid action of the stomach. — It is I be-  
lieve a well established law of the animal econ-  
omy that in a secretory organ be either over-  
excited or not sufficiently excited the secretions  
thence resulting will be correspondingly vitiated. Now  
I conceive that two states of the above nature  
diametrically opposite may produce certainly



the same effect on the process of digestion. It may have in the last place, debility or want of excitability of the stomach — a morbid or even a state of irritability or chronic inflammation, which indeed is most generally the state of this viscus, in either of which cases according to the plan above referred to, we will have an unnatural secretion and consequently indigestion.

#### Treatment.

This part of our subject may be divided into Medical Treatment, Regimen, and Prognosis.

#### Medical Treatment.

Since the pathological views I have to now it will be necessary to speak of the treatment of indigestion as applicable to the inhibited, or inflamed state of the stomach.

When the stomach is in a state of vice



tion it is often advised to administer the  
same by the administration of emetics in  
order to evacuate the mucus from the organs  
preparing it for the reception of other remedies. -  
Emetics have been prescribed to answer a differ-  
ent end, namely, that of subverting diseased ac-  
tion, and for this purpose it is necessary that they  
should be frequently repeated. But when used  
over and over both from their emetic  
force, their frequent repetition is injurious for  
they indirectly debilitate the stomach when it  
is free from inflammation. Entertaining the  
above opinions then in regard to the operation  
of emetics, I would resort to the Ipecacuanha as  
the best adapted to the disease. In some instances  
however, the susceptibility of the stomach is so  
much impaired, that it becomes necessary to  
add a grain or two of Saturated Solution to  
the Ipecacuanha in order to give it activity.





... the ... of ...  
... should be to impart ... strength to the  
stomach, he means of tonics, upon which, under  
the present circumstances, no chief reliance must  
be placed. There is scarcely a single commercial  
medicament in the new extensive shop, but has  
not at one point or other been employed, in ex-  
perimentation. The chief object to be kept in view  
is not so much the mode of selection, as the  
vicarious change of these remedies. Experience has  
taught us that if a tonic is indeed very useful,  
continued for too long a time the system will  
become habituated to it and its influence will  
on a great measure be lost, and a chronic disease  
requires changing remedies, as is remarked by Do  
John Cox, this food should never be lost sight  
of in the cure of dyspepsia. Colic, B. Contour,  
Lunatic Insulture. Contour, Cold storm bark  
... are all proper articles and may be present.



her in this town. Infusions are generally more  
appropriate than the substance, as having a less  
tendency to grip the stomach. I tried the  
Sulphate of Quinine in my own case in the  
dose of one grain four or five times a day, and  
as I thought it well attended advantage. The  
hempseed-oil I have but rarely got to administer,  
as it well warrants me in speaking very highly  
in their favour. The preparations commonly  
employed were the Murat's Tincture and the  
following powders. —

R. Crocker's ... ʒij

... ʒij

R. Crocker's ... ʒij

When into 34 powders are to be taken two times  
a day in a little wine.

In using the above series of Treatment great  
attention must be paid to the state of the bowels  
which are generally lax. One of the best means



I am acquainted with the following facts as to  
the action of acids in the stomach in various cases  
and a good deal of time and labor has been  
expended in the study of this subject. It  
should not be the least natural inclination  
to think of the stomach better than has been  
the method, in establishing a law of regular  
action, and under these laws, the  
stomach is the seat of disease. It is a law of  
nature, both to the stomach and to the  
system, as well adapted in these cases, to the  
inhibited state  
of the system. It may be given in powder in  
the dose of 10, 15 or 20 grains or capsules in any  
manner a small piece may be chewed and the  
acid is obtained. The method is a preparation  
never resorted to but it is objectionable in all  
cases of the viscid condition, the objec-  
tion often arises at times, but appears peculiarly  
valuable in chronic cases where the patient is  
obliged to repeat the dose frequently. It is a



of the ... the property being useful chiefly  
to ... its ... action on the lower intestines.  
It may be given in the dose of from two to six grains  
made into pills with a little soap. Kpfafetian in  
the same dose is often a useful laxative and has  
besides the property of raising the dejected and  
spirited of the nervous and lithargic dyspeptic.  
The medicine however which I found most useful  
in my own case, and in several others in which  
I have seen prescribed, is the following combina-  
tion recommended by Dr. Chapman:—

Ry Pulv. Rad. Rhei ʒj  
— Muc. Soc. ʒss,  
— Specac. ʒssxx,  
Ol. Lavul. gut. x.

Divide into 30 pills; one, two, or three to be taken  
at bedtime as occasion may require.

Sometimes the bowels are on the opposite ex-  
treme of constipation, and it then becomes necessary to





restrain them by appropriate measures. A  
copious little laudanum may be given or the  
opiate, steep either alone or combined with the  
line of time.

When there is great oppression and weight  
in the epigastrium region, a little calcined magnesia  
in conjunction with some of the effervescing salts  
will frequently relieve it, when the magnesia acts  
too much upon the bowels prepared chalk or  
oyster shells may be substituted. I derive  
benefit in my own case from the use of Magnesia  
Ammonia and I think its effects might be improved  
by combining it with peppermint water or spir-  
its of Camomile. Lime water will also be found use-  
ful by neutralizing the acid and discharging the  
gases. One of the best means to relieve these very un-  
pleasant sensations, is sipping a bowl of water as  
hot as it can be taken. The relief progresses which is  
often a troublesome part of this stage of the disease, the



...the most to be resorted to in all  
cases. It is less useful in patients by  
reason of their age. Near the end of it it is worth  
less much as before. I tried it in my own person  
without any advantage.

It is more useful to treat it in the last  
stage of the more aggravated cases of indigestion or  
where the nervous state of the stomach is sometimes  
of the moderate has taken on chronic inflammation.  
The indication here of course is to subdue  
the inflammation and restore health to the  
parts. General blood letting will prove the seldom  
useful remedy, but when the patient's strength is  
conservable it is when it is very low the pulse much  
swollen and the digestion very tender & very  
useful. It is more blood letting however is  
commonly inadvisable. In total obstruction  
of blood has been too much resorted to. It appears  
to me probable that this stage of indigestion might



the measures will much greater facility, if we were  
more in the habit of viewing it as a state of extreme  
phlogosis, not treating it as a disease, but by the frequent  
application of cups or leeches. Along with the proper  
repulsion of local depletion I know of no prac-  
tice more useful than that recommended by Mr  
Chambers, and so successfully applied, for many  
years by my brother & his son Master of Reading.  
— allude to the preserving use of the blue pill. It  
is probable that this remedy operates by subverting  
the arranged action of the exhalations and insulating  
a more healthy one in its place, and the change  
it produces on the secretions in general and those of  
the liver particularly should also be taken into con-  
sideration in accounting for its efficacy. In  
my opinion I have seen it calculated not that  
the stomach took it in the case of fever, a few good  
grains of the mass as directed to be made by the  
American Dispensary every evening, or every third



exercising, directing the patient at the same time to take one of the Laxatives, Saunders says, a hour before dinner—

4. 1800. Nov. 11th. p. 100.

Persons who

come into the, anders.

These prescriptions worth an even-  
 ten with the institution of a proper hotel of  
 patients, going to school, will never live in the  
 course of a short time to keep the hands from.  
 The use of the blue pills should never be carried  
 to the extent of irritating the patient, though a  
 slight laxative of the bowels, being a proof that  
 the system is under the influence of mercury,  
 is not in various. A most excellent test for the  
 same is about to give sugar as a charge in the  
 clear of the glass, from being very dark to a  
 light yellow resembling the colour of new  
 milk.









...of activity, & still liable to a greater activity in  
tion, unless one more liable than a strong part.  
If then a weak part be more liable to take on  
inflammation than a strong one, & so toward  
give strength to these parts, this ability in the  
case will at once be obvious. It may indeed be in-  
ferred on the other hand that toward may be useful  
inflammation but must be determined when in-  
flammation arises on itself. This reasoning is to a cer-  
tain extent correct, when applied to active in-  
flammation, but I think it is quite well estab-  
lished that chronic inflammation occurs in those  
parts only where vitality is deficient or in other  
words in weak parts. Now we have a weak  
part on which a less inflammation exists, but  
has been increased by deflating measures, which brings  
it to a condition so analogous to a simple white  
state, that in its treatment it may be consid-  
ered as such. In practice this point is rather new

accord avec le plan de la ville de la Chapelle  
et de la ville de Paris

opinions, not only on the treatment of indigestion but  
also of several other diseases, as chronic rheumatism,  
in debilitated states. It is not without cause under  
these circumstances are the effusions of the simple  
bitters such as colombo, gentian, grayana &c.

After we have drawn a sufficient quantity  
of blood by cupping & leeching, and along with the  
mineral and mercurial treatment, it will often be  
very useful to keep up an irritation on the opus-  
torum by means of blisters or tartar emetic ointment.  
When the patient is troubled with that loath-  
some symptom, fetor of breath, the charcoal will  
be found useful.

The next case is that of a continued con-  
stitution or acid in the stomach. In this case the  
the mineral acids will be less to be used.  
It was the doctor's case that just gave me any in-  
his behaviour, after having affected in his former  
manner for nearly three months, and after hav-

1. The first of the following is a list of the names of the  
persons who have been admitted to the Society since the  
last meeting.

ing reference, we have not seen a single person  
and taken at the suggestion of some of the most  
distinguished physicians of this country. It is  
do not seem that to remove the person we stop  
and are to remove the person we have a right  
in the face of the law to remove to remove the  
person to remove a very and elegant. It is  
to remove the person such as to remove the  
person to remove to remove as they have been  
to remove of the person to remove.

### November 11th

It is a subject of the report of the  
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\* These words are written in a very old hand  
and the letters are very small and the text is written  
in a very old hand and the letters are very small  
and the text is written in a very old hand.



Two heads only. The rest is gone.

1850.

The above observations lead me to believe  
that a much diet is highly objectionable to the  
system of the man, when he is in the act of  
preparing where his system does not enter in.  
These it is. It will be necessary to explain  
what is meant by a much diet. The object is  
to submit to the man in well known state of  
what is perhaps a possible reaction, not, not only.  
This food is to be taken three a day, without  
creating any of the usual or objectionable  
except the one above specified. The man will in  
all probability disagree with the food at first  
or say it is first but in the course of a few weeks  
it will be more readily on the stomach than  
any thing else, and in the majority of instances  
will become very palatable.\*



It may not be improper here to say a few words on several preparations of milk and on some new uses. — My remarks on this subject may appear trifling and unimportant to those who from actual practice or suffering know not how to appreciate them; but in the benevolent phre-  
noman, who is aware how much slight attention to these small matters often ministers to the relief of his patient, they may excite some interest. Mouth powder is a very agreeable beverage but its long continuance use may become objectionable on account of the brandy it contains; as an emolument however it may be administered with safety. It is prepared in the following manner. To a pint of rose new milk add a table-spoonful of the best brandy, with a sufficient quantity of loaf-sugar and continue to make it pleasant. Sweeten it properly & administer with sugar continuing to take with a new preparation of stale bread or succulent jam.

It is a very common error to suppose that the  
only way to secure peace and order is to have  
peace. But peace is only a means to an end.

The only way to secure peace and order is to have  
peace. But peace is only a means to an end.  
The only way to secure peace and order is to have  
peace. But peace is only a means to an end.

The only way to secure peace and order is to have  
peace. But peace is only a means to an end.  
The only way to secure peace and order is to have  
peace. But peace is only a means to an end.

a very agreeable dish. But one of the most singular  
 its preparation is that called *farinate*, — it is formed  
 in consultation with much sweet air and some soap  
 mixed with a suitable quantity of oil and  
 butter. This mixture is then it is left for a  
 long time so as to become perfectly soft, and  
 may then be seasoned with salt and a little  
 vinegar, or it may be mixed into plain butter  
 with milk and sugar.

As, however, we are unable to pursue  
 the course of our studies, I would refer to a  
 small publication by a friend of Philadelphia,  
 entitled *Observations on the sick head ache*. not  
 only valuable with respect to the medical part,  
 but should be in the hands of every physician and  
 symplicist. I deem it unnecessary to make any  
 extracts from it.



*Drink.*

The best kind of drink, as a general rule, is simple cold water not too cold; and if there be any thing required beyond this let there be a little good brandy added. Water taken as hot as possible will allay thirst and remove oppression most effectually. Most liquors are generally interdicted, but my brother, Dr Isaac Huter, has been in the habit for a number of years, of recommending good porter or ale to his patients with weak digestion or gas with effects the most decidedly beneficial. Water sweetened and acidulated with ~~cheap~~ elyritrinal makes a very pleasant drink, and in very some cases I found it beneficial to remove acidity and give tone to the stomach.

Exercise.

It will be readily perceived from all that has been said that exercise is a very impor-

\* The diligent use of the flesh-brush morning and evening is a most powerful retentive means, and should never be neglected.

From the experience I have had in my own case I would suggest the use of the tepid or cold bath where it is followed by an agreeable <sup>upon</sup> glaucation the surface. The bath should never be taken immediately after a meal.



Gent measures in the cure of indigestion. The rules  
 in regard to this are few and simple. — Exercise  
 on horseback should always be preferred, and a  
 journey of some length, moderately pursued, is  
 preferable to short ones in the neighborhood. —  
 When riding is out of the patient's power, walking  
 must be substituted, but it should never be carried  
 to fatigue. Exercise should be avoided when the  
 stomach is empty, nor should it be taken im-  
 mediately after eating, but, on the contrary,  
 the patient should rest in a recumbent position  
 for the space of an hour after every meal. —  
 These rules must be steadily adhered to, not  
 merely for a short time, but until the cure  
 is accomplished.\*

